

## **Bengali Prawn Curry Recipe**

### **Ingredients:**

- Prawns – 250 gms, peeled, deveined, washed, cleaned
- Mustard Oil – 1/2 tblsp + 1/2 tblsp
- Panch Phoran – 3/4 tsp (equal quantities of cumin seeds, mustard seeds, fenugreek seeds, nigella seeds and fennel seeds, ground together)
- Cinnamon – 1/4 inch stick
- Green Cardamom – 2
- Cloves – 2
- Bay Leaf – 1/2
- Onion – 1, small, finely chopped
- Ginger Garlic Paste – 2 tsp
- Coriander Powder – 1/2 tsp
- Red Chilli Powder – 1/2 tsp
- Turmeric Powder – 1/4 tsp
- Tomato – 1, small, finely chopped
- Salt – 1/4 tsp
- Sugar – 1/4 tsp
- Lime Juice – 2 tsp
- Coriander Leaves – 2 tsp, chopped

### **For the marinade:**

- Turmeric Powder – 1/4 tsp
- Red Chilli Powder – 1/4 tsp
- Salt – 1/3 tsp
- Oil – 1 tsp



**Method:**

- Combine all the marinade ingredients in a large bowl.
- Add the prawns and mix well until evenly coated.
- Cover and keep aside for 30 minutes.
- Heat 1/2 tblsp of mustard oil in a non-stick frying pan.
- Fry the marinated prawns till browned all over and 3/4th cooked.
- Switch off the flame and keep the prawns aside.
- Heat 1/2 tblsp of oil in a different pan.
- Add the panch poran, cinnamon, cardamom, cloves, bay leaf and saute well.
- Add the onions and saute till soft.
- Add the ginger garlic paste and fry for 1 minute.
- Add the coriander powder, red chilli powder, turmeric powder and stir to mix well.
- Add a little water and stir again.
- Add the tomatoes and cook till it softens a bit.
- Now pour 2 cups of water and mix well.
- Simmer till the oil starts to rise to the top, about 5 to 10 minutes.
- Add salt, sugar and prawns.
- Cook for another 5 to 10 minutes until the curry is reduced a little and prawns are tender.
- Switch off the flame, add lime juice and garnish with coriander leaves.
- Serve hot with rice.